

# Physical Education at



**St George's**

Church of England Primary School

Bringing faith and education together



At St George's Church of England Primary School, we believe that good teaching of PE enables all children to access a high-quality physical education programme designed to build on skills taught year-on-year in a safe and nurturing environment, to encourage positive attitudes, confidence, strength, stamina and co-ordination.

## INTENT

We want to ensure that all children have at least two hours of quality PE and Games lessons per week to not only promotes an active lifestyle but improve health, reduce stress and improve concentration, whilst also promoting correct physical growth and development whilst staying safe. We aim to build movement competence and confidence within the child to challenge themselves, as well as developing teamwork, leadership and hence interpersonal skills, such as decision making and risk management.

## IMPLEMENTATION

Our school provides challenging and enjoyable learning through a range of sporting activities following the Greenacre's Sports Partnership Schemes of Work from Y1 to Y6.

Our long-term plan ensures that the requirements of the National Curriculum are fully met by covering two sporting disciplines each half term.

Children take part in inter-house competition each term. We make this an inclusive approach to encourage positive well-being as well as physical development to encourage teamwork and leadership skills.

Children swim to encourage water safety and develop skills in every year group across the academic year

Children also experience specialised

## IMPACT

Children are motivated to participate in a variety of sports through quality teaching that are both engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, become team leaders and improve their personal bests. We encourage the success of competitive sports and equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy in the knowledge of the importance of regular exercise to encourage healthy lives using the skills and knowledge acquired through PE at St George's.